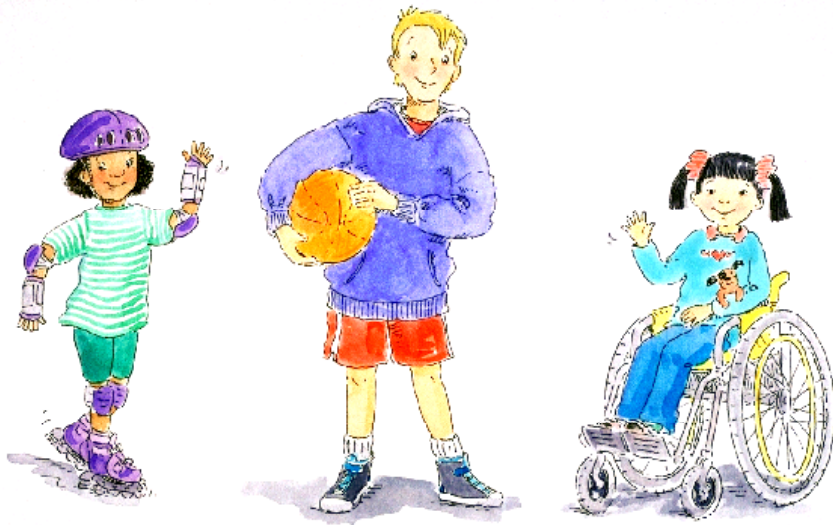


Tips for a Healthy Lifestyle

Making Healthy Choices about Food and Physical Activity



Maintaining a healthy weight and being physically active can prevent health problems and promote a healthy lifestyle. When making changes, it's important that your whole family be involved in eating regular healthy meals and an active lifestyle.

Shopping for Food

- *Make a shopping list and stick to it:* This will keep you from buying foods you did not intend to buy.
- *Shop when you are not hungry:* High calorie foods will not be as tempting.
- *Shop the outside aisles of the store first:* Most stores are set up with produce, breads, meat, and dairy on the outside aisles. Most convenience foods are on the inside aisles. These foods tend to be higher in sugar and fat, and contain less fiber, vitamins and minerals.
- *Try whole grain breads and cereals:* Most breads, pasta, rice, and cereals are low in fat. Croissants, muffins, granola, and biscuits have more fat. Look for whole grains in the ingredient list (wheat, oats, barley).
- *Try lowfat or nonfat dairy products to get enough protein, calcium and Vitamin D, without all the extra fat and calories.* Instead of whole milk, regular yogurt, hard & processed cheeses, choose skim milk, low or nonfat dairy products, frozen yogurt.

Tips for a Healthy Lifestyle

- *Plan enough time to read labels:* Check portion sizes, calories, fat, and sources of fat. The nutrition information on the label is for one serving. Look at how many servings are in the package.
- *Involve the whole family in meal planning.* Allow children to choose some fruits and vegetables to have at home. This may increase their acceptance of a wider variety of foods.
- *Choose a variety of foods to have available for meals and snacks in your home.* You are in charge of what foods come into your home.

Nutrition

- *All foods work.* All foods can fit into a healthy lifestyle. It is just important to know which foods your body needs more of and which foods your body needs less of.
- *Choose a variety of foods using the Food Guide Pyramid:* This will give your child the vitamins and minerals needed for growth and development.

Dairy	2-3 servings
Fruits & Vegetables	5 servings
Meat & Protein	2-3 servings
Breads & Cereals	6-11 servings
Sugar & Fat	Only a small amount

Choose meals: 1 item from 3-4 of the food groups
Choose snacks: 1 item from 2-3 of the food groups
- *Encourage regular meals and snacks.* Offer 3 meals with 2-3 snacks during the day. Meals and snacks should be offered about every 3 hours.
- *Use low fat cooking methods,* such as baking or broiling and using nonstick pots and pans. Try a vegetable cooking spray.
- *Serve low calorie foods first:* Offer a salad or soup at the beginning of the meal.
- *Try these nutrient rich foods for snacks:*

Carrot sticks with small amount of dressing	Cereal with milk
Celery sticks with peanut butter and raisins	Fresh fruit
Low fat crackers and cheese	½ sandwich
- *Limit calorie containing beverages such as juice, pop, and lemonade:* Mix 4 oz. of juice with 8 oz. of water or seltzer water instead.

Eating Out at Restaurants

- *Ask what is in a dish,* and how it is made before your child orders. Restaurant cooking can be a major source of fat.
- *Be aware and read the menus:* items that say buttered, in cream sauce, fried, pan fried, crispy, au gratin, or marinated in oil are high in fat.
- *Order sauces and dressings on the side:* That way your child can dip the food to control the amount of high calorie sauces or dressings on the food.

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Eating Out at “Fast Food” Places

- Choose plain burgers or grilled meat sandwiches. Skip the cheese, special sauces or mayonnaise-based dressings. Use mustard, ketchup or barbeque sauce instead.
- Order a small or regular order rather than jumbo, super or deluxe sizes.
- Choose regular bread, buns or small muffins, instead of croissants or large muffins.
- Choose thin-crust pizza with extra vegetable toppings instead of thick crust and extra cheese, sausage or pepperoni.
- Grilled chicken or garden salads have less fat and calories than Chef or Taco salads. Choose a light or fat-free salad dressing. Ask that it be on the side so the amount used can be controlled.
- Choose a soft serve ice cream instead of a candy topped shake or malt.



Behavior

In order to change your child’s eating habits, it is important to first recognize what the habits are. Keep a food record. Write down what food is eaten, amounts, where, when and mood. Your child’s dietitian can help to analyze the record. To encourage healthy eating behavior:

- *Use nonfood items as rewards.* For example, try activity related rewards, like a family walk, time at the park, or swimming pool time; or items like a ball, kite or frisbee.
- *Serve food on a small plate:* This will make the amount of food seem like more.
- *Leave serving pots/pans off of the table.* This will require people to get up to get second helpings and decrease the amount of extra food that is eaten.
- *Set an example* of healthy eating and physical activity for your family. Children and adolescents are very observant and often model after their parents.
- *Slow your child down:* Suggest he or she rest the fork after each mouthful. It takes 20 minutes from the time eating starts to feel full.
- *Always eat in the same spot:* do not allow eating while watching TV, talking on the phone, reading, or doing homework.
- *Eat together as a family:* a meal together is a great time to talk.
- *Recognize why your child eats:* Some children eat because they are bored. Make a list of activities they can do when it is not time for a meal or a snack.
- *Start small:* Set one goal and help your child with it until it is habit. Make other changes when your child is ready.

When all family members are part of lifestyle changes, you’ll not only help your child, you’ll also become a healthier family.

Physical Activity

Activity is an important part of living well. It increases self-esteem and a sense of well-being. It also improves coordination, develops muscle strength and flexibility, protects against heart disease, relieves stress, and makes for better sleep patterns. To encourage activity:

- *Find an activity the whole family enjoys:* It may be a brisk walk or a game of soccer in the park.
- *Be creative:* Use common household items to be active.
- *Call your local Parks & Recreation:* Many activities for all ages are usually offered.
- *Make a list of indoor activities* that your child can do instead of watching television, playing video games or using the computer. Try turning on music and dancing.
- **Warm-up:** 3-5 minutes to lower the chance of being hurt.
- **Aerobic:** 10-20 minutes-choose an activity that will make the heart rate go up.
- **Cool-down:** 5 minutes to bring the heart rate back down to normal slowly.
- *Assign household chores to increase activity:* vacuuming, dusting, washing dishes or sweeping the floor.
- *Encourage children to participate in outdoor chores:* raking leaves, picking up sticks or gardening.



Tips for a Healthy Lifestyle
Activity Ideas for Your Child's Age

<u>Age</u>	<u>Time</u>	<u>Activity</u>
Toddler (1-2 yrs)	15-20 min 3x/week	Allow plenty of space for your child to explore. Play hide & seek, take walks around the neighborhood, or play in a park.
Preschool (3-4 yrs)	15-20 min 3x/week	Allow plenty of outside playtime. This is a good age to begin taking walks and hiking. Dancing or balloon bopping are good indoor activities.
5-8 years	15-20 min	Monkey bars, soccer, t-ball. Begin group sports. (Go to school meetings and ask to make PE a priority).
9-12 years	20-30 min 3-5x/week	Biking, swimming, gymnastics, basketball, soccer, volleyball, dancing.
Teenager	20-30 min 3-5x/week	Nearly any individual or group sport is good for this age.

Goals

Nutrition goals for the family: _____

Behavior goals for the family: _____

Activity goals for the family: _____

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.

Your Health Care Provider

- **Your health care provider**
- **Children's Resource Line**
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